

S2 File

Lifestyle in the general practice

Welcome to this study and thank you for your participation.

This questionnaire is about **lifestyle in general practice** and will take about 10 minutes to fill out.

The **target group** of this questionnaire is **general practitioners** (GPs) in the Netherlands.

The aim of this study is to gain insight into **how GPs relate to lifestyle**. **Every 25th respondent** who completes the questionnaire receives a gift voucher worth 25 euros. Your data will be processed anonymously. If you wish to contact the researcher **to discuss this research or receive the results** of this study, you can send an email to info@artsenleefstijl.nl.

Permission

By starting the questionnaire, you agree to participate in this study on a **voluntary and anonymous basis**, knowing that you can **withdraw** from this study and that your answers will be used in **scientific research**.

- ☐ Yes I agree with this
- ☐ No I do not agree with this

In this questionnaire, **lifestyle** means the following: 'Lifestyle is a collective name for a person's behaviour with regard to nutrition, physical activity, sleep, stress, smoking and alcohol use.'

Discussing lifestyle

Discussing lifestyle means the following : "Giving active attention to lifestyle during a consultation, whereby the patient gains insight into his lifestyle behaviour."

Q2 'I think discussing lifestyle is...' Indicate the place that applies to you

Nice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Annoying
Easy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Difficult
Motivating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Demotivating
Not uncomfortable / not embarrassing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Uncomfortable / embarrassing

Q3 'I think discussing lifestyle is...' Indicate the place that applies to you

One of my tasks a GP	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Not one of my tasks as a GP
Useful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Useless
Important to improve the health of my patients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Unimportant to improve the health of my patients

Q4 How often do you ask your patients...

	Never	Rarely	Sometimes	Very often	Always
About their lifestyle?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whether they are motivated to change their lifestyle?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q5 How easy do you find it to discuss the following lifestyle habits?

	Very easy	Easy	Neutral	Difficult	Very difficult
Smoking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alcohol use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q6 Give your opinion on each of the statements below

	Strongly disagree	Disagree	Neutral	Agree	Totally agree
GPs should discuss lifestyle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe other GPs discuss lifestyle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe patients expect me to discuss lifestyle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q7 How often do you discuss the following factors that may (possibly) present a **barrier** to a healthy lifestyle for patients?

	Never	Barely	Sometimes	Often	Always
Stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Temptations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Lack of time

☐☐☐☐☐

Lack of
knowledge

☐☐☐☐☐

Lack of
motivation

☐☐☐☐☐

Lack of
financial
resources

☐☐☐☐☐

Lack of
confidence

☐☐☐☐☐

Otherwise, namely

Q8 To what extent do you know the guideline daily amount of fruit and vegetables of the **Voedingscentrum**?

☐ Not at all

☐ Barely

☐ To a reasonable degree

☐ To a high degree

☐ To a very high degree

Q9 Do you take a nutritional history at your patients?

☐ Yes

☐ No

Display this question:

If Q9 = Yes

Q10 In case of which disease do you take a nutritional history? (You can tick multiple options)

☐ Hypertension

☐ Hypercholesterolemia

- ☐ Obesity / overweight
- ☐ Diabetes
- ☐ Intestinal complaints
- ☐ Cancer
- ☐ Heart and vascular diseases
- ☐ Otherwise, namely_____

Q11 Do you discuss the fruit and vegetable consumption of your patients?

- ☐ No
- ☐ Yes, I ask to it if I think it is relevant
- ☐ Yes, if the nutritional history shows that a patient is not eating enough fruit and vegetables

Advising lifestyle

Advising lifestyle means the following: ‘Giving patients personal advice on their lifestyle, including providing information on health risks and health benefits to encourage behavioural change.’

Q12 Based on the assessment, how **often** do you advise your patients on the following lifestyle habits?

	Never	Rarely	Sometimes	Often	Always
Smoking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alcohol use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q13 Give your opinion on each of the statements below

	Not at all	Barely	To a reasonable degree	To a high degree	To a very high degree
I can motivate patients to improving their lifestyle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can offer my patients tools to improve their lifestyle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q14 When you advise your patients, how **often** do you set concrete goals together to change the following lifestyle habits?

	Never	Barely	Sometimes	Often	Always
Smoking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alcohol use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q15 How **often** do you advise your patients about eating fruits and vegetables?

- ☐ Never
- ☐ Barely
- ☐ Sometimes
- ☐ Often

☐ Very often

Q16 What **daily** amount of fruit and vegetables do you recommend to your patients?
(vegetables in grams, fruit in pieces)

☐ Vegetables _____

☐ Fruit _____

Q17 What do you do if a patient has a **too low** intake of fruit and vegetables? "" **I ...** "" (You can check multiple options)

☐ Ask the patient for the cause of this

☐ Mention the recommended amount of fruits and vegetables

☐ Provide advice on how to increase fruit and vegetable consumption

☐ Provide information material (e.g. leaflet)

☐ Refer to a dietician

☐ Refer to a nurse / practice assistant

☐ Otherwise, namely _____

Barriers, wishes and needs

Q18 I would like to discuss / advise lifestyle more often than I do now'

☐ Yes

☐ No

Display this question:

If Q18 = Yes

Q19 I discuss / advise lifestyle **less often** than I would like by ...'

Totally
disagree

Totally
agree

My lack of motivation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of knowledge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of confidence	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of financial compensation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of prove / guideline	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of supporting tools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of overview of referring possibilities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Patients who do not need this	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The low education level of some patients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fair to disrupt the relation with the patient	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unmotivated patients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Language / culture barrier in my patients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other problems that affect patients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The current structure of our health system ☐ ☐ ☐ ☐ ☐

Display this question:
If Q18 = Yes

Otherwise, namely _____

Display this question::
If Q18 = Yes

Q20 What would **motivate you most or help** you to discuss / advise lifestyle more often?
 (Use at least 10 characters)

Q21 What would you need to be able to discuss fruits and vegetables **more often** during a consultation?

	Totally disagree	Disagree	Neutral	Agree	Totally agree
I do not have this need	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
More knowledge about the importance of fruit and vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scientific evidence for the effects of fruits and vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Success stories of other GPs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Supporting tools	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NHG guidelines
about fruit and
vegetables

Cooperation
with, for
example, the
local
supermarket /
grocery

☐ ☐ ☐ ☐ ☐

Otherwise, namely

Q22 Are you experiencing one or more factors that **hinder** the proper discussion / advice of fruit and vegetables?

☐ Yes

☐ No

Display this question:
If Q22 = Yes

Q23 What factor(s) do you experience that form(s) a **barrier** for the proper discussion / advice of fruit and vegetables? (use at least 10 characters)

Q24 Which of the following options might be interesting for your practice to encourage your patients to eat fruits and vegetables? (You can check multiple options)

- ☐ Discount coupons for fruit and vegetables for my patients, for example, at supermarkets / greengrocers
- ☐ Free snack vegetables in the waiting or consultation room
- ☐ Information about the importance of fruit and vegetables (leaflets, video's)
- ☐ More standard offers on fruit and vegetables, for example in supermarkets
- ☐ More nudges (provoking behaviour) aimed at fruit and vegetables in supermarkets (colours, images, shelf layout)
- ☐ Better communication (information on fruit and vegetables, recipes, demonstrations)

☐ None of them

Otherwise, namely

Referring and follow-up support

Q25 How **often** do you refer your patients to other professionals to improve their lifestyle?

- ☐ Never
- ☐ Barely
- ☐ Sometimes
- ☐ Often
- ☐ Always

Q26 When you refer your patients to improve their lifestyle, how **often** do you refer them to the following healthcare professionals?

	Never	Barely	Sometimes	Often	Always
Physiotherapist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dietician	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practice assistant / nurse	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Registered lifestyle coach (BLCN)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Psychologist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Medical doctor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q27 Is fruit and vegetable consumption a subject that is discussed in your coordination with dieticians and practice assistants?

- ☐ Yes
- ☐ No

Q28 Are you familiar with the fact that as of 1 January 2019 you can refer patients to combined lifestyle interventions (GLI's)?

☐ Yes

☐ No

Q29 Do you refer to combined lifestyle interventions (GLI's)?

☐ Yes

☐ No

Q30 If I **don't refer** patients to combined lifestyle interventions (GLI's) / or **less than I would like**, this is because of...

	Totally disagree	Disagree	Neutral	Agree	Totally agree
Lack of knowledge about GLI's	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of trust in GLI's	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of motivation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of GLI's nearby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Insecurity about financial compensation in the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Preference for referring to familiar professionals within or	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

outside my
practice

Otherwise, namely

Q31 When you give your patients lifestyle advice, how often do you provide follow-up support to them, for example, follow-up appointment, follow-up call, and/or medication reduction?

- ☐ Never
- ☐ Barely
- ☐ Sometimes
- ☐ Often
- ☐ Always

Q32 When your patients undergo a lifestyle intervention, how often do you taper off medication?

- ☐ Never
- ☐ Barely
- ☐ Sometimes
- ☐ Often
- ☐ Always

Q33 How do you rate your own lifestyle?

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ 10

General questions (The questionnaire now takes less than half a minute)

Q34 What is your gender?

- ☐ Female
- ☐ Male

Q35 What is your age?

Q36 How many working days do you work on average as a general practitioner?

Q37 What is the postcode of your general practice? (only the numbers)

Q38 Are you working in a...

- ☐ Solo practice
- ☐ Solo practice in health centre
- ☐ Independent duo practice
- ☐ Duo practice in health centre
- ☐ Independent group practice
- ☐ Group practice in health centre

Q39 Are you familiar with Vereniging Arts & Leefstijl?

- ☐ No I do not know it
- ☐ Yes I know it, but no member and have not been to a training
- ☐ Yes I know it, member, but not have been to a training
- ☐ Yes I know it, member and have been to a training

This is the end of the questionnaire. If you want to win the gift voucher of 25 euros, you can leave your email address below.
